

S
H
E
L
L
S
E
A
S

SALISBURY
UNIVERSITY
STATE
1999

**MEN'S & WOMEN'S
SWIMMING**



SSU at a glance

The resources of a University ...

6,000 students from 36 states and 50 foreign countries
29 undergraduate and 8 graduate programs
200 full-time tenure-track faculty, 85 percent with terminal degrees, including National Endowment for the Humanities scholars and Fulbright professors.
NCAA Division III Athletics, 9 men's, 10 women's intercollegiate teams; 22 intramural sports

... with small-school opportunities.

Approachable faculty (17:1 student/faculty ratio)
Honors program with dedicated faculty at the Bellavance Honors Center. Ten residence complexes including traditional, co-ed, suite and apartment styles.

The security of state support ...

1998-99 tuition, room, board and fees: \$9,392 per year for Maryland residents; \$13,602 per year out-of-state.
A library with over 800,000 volumes, periodicals, microforms and databases including word processing and computer labs. Access to collections throughout the country.

... with the benefits of private funding.

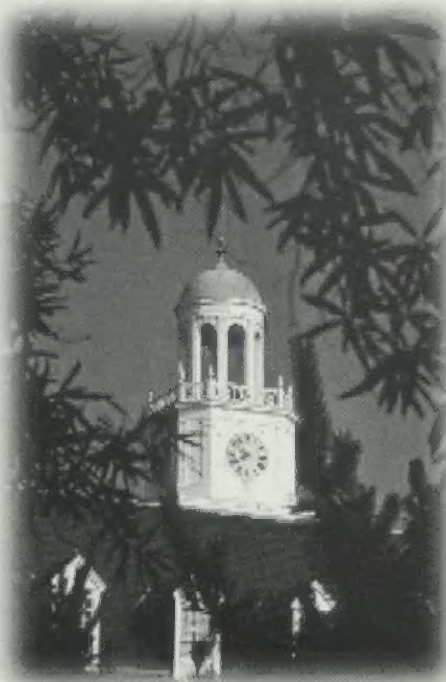
Altogether, SSU awards nearly \$1 million in academic scholarships each year. More than \$24 million in private endowments supports some of those scholarships and provides for some of the finest educational programs.

In an ideal—and idyllic—location:

Salisbury, MD, is 30 miles west of the Atlantic Ocean and Ocean City, MD, and 20 miles east of the Chesapeake Bay; 2 hours from Baltimore, Washington, D.C. and Wilmington, DE. The campus is 2 1/2 hours from Norfolk, VA, and Philadelphia, PA, and 4 1/2 hours from New York.

Come see us—in person, or in cyberspace. We'd love to see your smiling face, but if you can't get here, check out our Web site.
We're at <http://www.ssu.edu>.

SSU's campus is in an attractive, residential neighborhood of stately homes on sculpted lawns, less than one-half mile from the banks of the Wicomico River. The campus includes 34 buildings on 125 landscaped acres. Students walk from one end of campus to the other in about 5 minutes.



Head Coach Jill Stephenson



Jill Stephenson joined the Sea Gull staff in 1995 as the head coach of the men's and women's swimming programs. With experience as a collegiate swimmer and coach, Stephenson is no stranger to the demands of an intercollegiate swimming program.

During her tenure, the men's and women's teams have virtually rewritten the Sea Gull recordbook with 77 new records since 1995, including 27 during the 1998-99 season. In addition, under her tutelage, SSU produced its first all-American swimmer, Chris Bembenek, who earned honorable mention status in two events at the 1998 NCAA Champion-

ship Meet. Five other Sea Gull swimmers have also met provisional qualifying times for the national championship during the past two seasons.

Stephenson, a native of Monroe, MI, has an extensive coaching and teaching background. She served as the head coach of the men's and women's swimming and cross country teams for six years at Olivet (MI) College. There she was also an assistant professor in the Department of Physical Education, the aquatics director and assistant athletic director overseeing the women's athletics program.

In 1992, Stephenson joined the American Red Cross as its emergency and health services director for the Calhoun County Chapter in Battle Creek, MI. While in that post she remained active in swimming as an adjunct faculty member in aquatics at Kellogg Community College and also coached at several camps and clinics throughout the Midwest.

Stephenson earned her Bachelor of Science in physical education in 1983 from Northern Michigan University, where she was a four-year swimming letterwinner, and received her master's in sports management from Southern Illinois University in 1986. In addition to working as an assistant coach at her alma mater for one season, Stephenson served as an assistant coach at Southern Illinois for two years prior to joining the staff at Olivet College.

In addition to her duties as the Salisbury State men's and women's coach, Stephenson also works as SSU's aquatics director, overseeing teaching and community programs, and serves as an instructor in the Physical Education Department.

Assistant Coach



Bryan Gomes Assistant Coach

A former member of the SSU men's team, Gomes marked his fifth year as an assistant coach in 1999. A native of Severna Park, MD, Gomes was MVP of the team as a junior and captain of the squad as a senior. He received his bachelor's degree in liberal studies from Salisbury State in 1993, and is currently pursuing a master's degree in post-secondary education. In addition to his coaching duties, Gomes is a staff member in SSU's Office of Student Activities. He has also

coached the Olde Severna Park River League for seven years and served as a member of the Assateague State Park Beach Patrol.

1998-99 Results

Date	Opponent/Event	Men's Results	Women's Results
		(4-4 overall, 3-3 CAC)	(5-5 overall, 4-3 CAC)
Oct. 24	Sea Gull Relays	3rd of 5 teams	3rd of 6 teams
Oct. 31	Mary Washington *	L 104-86	L 114-86
Nov. 10	Rowan	L 118-59	L 119-84
Nov. 14	Gallaudet *	—	W 76-19
Nov. 14	Marymount *	W 108-85	W 52-41
Nov. 18	Washington (MD)	L 127-91	L 121-84
Nov. 21	York *	W 116-81	W 118-75
Dec. 4-5	Kutztown Invitational	3rd of 4 teams	4th of 5 teams
Jan. 16	Goucher *	W 82-37	W 114-73
Jan. 23	Notre Dame (MD)	—	W 100-88
Jan. 25	Catholic *	L 120-64	L 114-74
Jan. 30	St. Mary's *	L 107-89	L 125-77
Feb. 12-14	CAC Championship	4th place	4th place

Home meets in **Bold** * Capital Athletic Conference meet

Note: meets against Gallaudet and Notre Dame were women only



Sea Gulls in CAC

The 1998-99 season marked Salisbury State's fifth year as a member of the Capital Athletic Conference. As a conference member, the Sea Gulls meet each of the other CAC teams in dual meet competition during the regular season. The conference members conclude the year with the CAC Championship Meet, normally scheduled in mid-February. The SSU teams have registered their best showings ever during the last two championships, with both the men and women finishing fourth in the final team standings in 1998 and 1999. The other members of the conference are Catholic, Gallaudet, Goucher, Marymount, Mary Washington, St. Mary's and York.

Records Fall at Conference Championships

Sea Gull Men, Women Both Finish Fourth

The Salisbury State men's and women's swim teams combined for 17 team records during the season-ending Capital Athletic Championship Meet in Fredericksburg, VA. For the second straight year, both Sea Gull squads finished fourth in the overall standings.

"We had the best CAC meet we've ever had," said Head Coach **Jill Stephenson**. "Everybody dropped their times from earlier in the season."

Sophomore **Alison Calcaterra** led the women's team with three NCAA provisional qualifying times and three individual school records. Calcaterra finished first in the 50-yard freestyle (24.89 seconds), second in the 100 free (53.90 secs) and third in the 200 free (1:57.15). Sophomore **Rebecca Mitchell** also posted an NCAA "B" time in the 200 freestyle (1:56.55) while placing second in the event. Mitchell added a third place finish in the 500 freestyle with a school-record time of 5:19.68, and placed fourth in the 100 free.

In addition to her conference championship in the 50 freestyle, Calcaterra earned individual all-conference honors in the 100 free. Mitchell claimed all-conference honors in the 200 free. Together, the sophomore standouts lay claim to seven individual school records in their two varsity seasons.

Freshman **Julie Wood** added a pair of school records for the women with fourth place finishes in both the 100 and 200 backstrokes. Mitchell, Calcaterra, Wood and **Teresa Piekarski** also combined on four SSU relay records. The team just missed the NCAA qualifying mark in the 200 free relay, but capped the meet by winning the 400 free relay in a time of 3:42.46. The squad claimed all-CAC honors in both the 200 and 400 free relays.

"The relays were big points for us," said Stephenson. "They provide double points, so placing high as we did really helped our team scoring."

Freshman **Brendan Roddy** led the men's team with one first, two seconds and three records. Roddy was conference champion in the 1650 freestyle with a team record time of 16:54.65. He also established new SSU marks in both the 500 freestyle (4:51.48) and 400 IM (4:22.47) while placing second in both events and earning all-CAC status. For the season, Roddy capped a standout first year with five individual SSU records and two additional relay records.

Scott DeJesus was third in the 100 backstroke and **Mike Nusbaum** had a third place finish in the 1650 freestyle. DeJesus added a school record in the 50 freestyle, while senior **Jeff Waltz** bettered his own SSU record in the 100 freestyle (50.68 secs).

"Brendan had significant time drops in all three of his events," said Stephenson. "We actually thought he might pull out a second win in addition to the 1650, but he had a great meet. DeJesus and Nusbaum were great surprises for us. All the guys did nice jobs and pitched in to claim fourth place."

Final Team Scoring Totals

Men	Women
Catholic	Mary Washington
Mary Washington	Catholic
St. Mary's	St. Mary's
Salisbury State	Salisbury State
Marymount	Marymount
York	Goucher
Goucher	York
	Gallaudet
450 pts	540 pts
432	410
319	383
242	261
214	175
211	101
36	83
	50



1999 Sea Gull Roster

Women	Year	Events	Hometown	High School
Alison Calcaterra	So	Freestyle	Severna Park, MD	Severna Park
Sharon Closterman	Fr	Freestyle	Bridgewater, NJ	Bridgewater Raritan
Ali Dispenzieri	Sr	Freestyle	Huntington, NY	St. Anthony's
Christina Gargan	So	Backstroke	Frederick, MD	Thomas Johnson
Jen Herzig	Fr	Breaststroke	Severna Park, MD	Severna Park
Jessie Hobson	Fr	Backstroke	Herndon, VA	Oakton
Jaci Hoffmann	Fr	Freestyle	Rumson, NJ	Rumson Fair Haven
Sandy Kramer	So	Butterfly	Gaithersburg, MD	Watkins Mills
Lori Lucas	Jr	Butterfly	Ft. Washington, MD	Bishop Ireton
Erica Malotky	Jr	IM	Ft. Washington, MD	Oxon Hill
Rebecca Mitchell	So	Freestyle	Allen, MD	James M. Bennett
Teresa Piekarski	Jr	Breaststroke	Mt. Airy, MD	Glenelg
Kelly Spindel	Fr	Freestyle/Fly	Rockville, MD	Rockville
Julie Wood	Fr	Backstroke	Danville, PA	Danville
Suzanne Yurcho	Jr	Backstroke	Medford, NJ	Shawnee
Men	Year	Events	Hometown	High School
Scott DeJesus	So	Freestyle	Aberdeen, MD	Aberdeen
Steve Gilligan	So	Freestyle/IM	Bryans Road, MD	Lackey
David Haight	Jr	Freestyle	Bethesda, MD	Walter Johnson
Dan Hutton	Jr	Breaststroke/IM	Tacoma Park, MD	Montgomery Blair
Dan Kim	Fr	Freestyle/Fly	Columbia, MD	Oakland Mills
Mike Morris	Jr	Breaststroke/IM	Silver Spring, MD	Einstein
Mike Nusbaum	Jr	Freestyle/Fly	Middletown, NJ	Middletown South
Courtney Robertson	Fr	Breaststroke	Silver Spring, MD	Good Counsel
Brendan Roddy	Fr	Freestyle	Rockville, MD	Rockville
Brian Saulsbury	Jr	IM	Salisbury, MD	James M. Bennett
Aaron Talasnik	Jr	Freestyle	Millville, NJ	Millville
Jeff Waltz	Sr	Freestyle	Walkersville, MD	Walkersville

Head Coach — Jill Stephenson (4th year) Assistant Coach — Bryan Gomes Women's Captains — Jen Herzig, Rebecca Mitchell
 Men's Captains — Mike Nusbaum, Jeff Waltz Manager — Mary Ann Buffum

Men's Recordbook

(updated through '98-99 season)

Event	Time	Year	Name
50 yd Free	22.8	1999	Scott DeJesus
50 m Free	26.24	1996	Scott Wray
100 yd Free	50.40	1999	Jeff Waltz
100 m Free	57.70	1992	Bryan Snyder
200 yd Free	1:52.23	1996	Jeff Waltz
200 m Free	2:08.99	1995	Jeff Waltz
500 yd Free	4:51.48	1999	Brendan Roddy
400 m Free	4:50.09	1995	Scott Wray
1000 yd Free	10:33.91	1999	Brendan Roddy
800 m Free	10:26.4	1980	Emmet Tydings
1650 yd Free	16:54.65	1999	Brendan Roddy
100 yd Back	52.67	1998	Chris Bembenek
100 m Back	1:00.30	1998	Chris Bembenek
200 yd Back	1:53.37	1998	Chris Bembenek
200 m Back	2:10.80	1998	Chris Bembenek
100 yd Breast	1:03.73	1995	Matt Raschka
100 m Breast	1:12.05	1995	Matt Raschka
200 yd Breast	2:23.20	1996	Seri Bryant
200 m Breast	2:45.71	1995	Matt Raschka
100 yd Fly	53.47	1997	Chris Bembenek
100 m Fly	1:07.7	1991	Gary Weininger
200 yd Fly	1:58.43	1998	Chris Bembenek
200 m Fly	2:51.9	1980	Lary Russell
200 yd IM	2:08.32	1999	Brendan Roddy
200 m IM	2:27.0	1980	Steve Summers
400 yd IM	4:22.47	1999	Brendan Roddy
400 m IM	5:45.76	1998	Dan Hutton
200 yd Medley Relay	1:44.85	1999	Scott DeJesus, Brian Saulsbury, Brendan Roddy, Steve Gilligan
200 m Medley Relay	2:00.63	1994	James O'Brien, Keith Cook, Matt Raschka, Scott Wray
400 yd Medley Relay	3:50.22	1998	Chris Bembenek, Dan Hutton, Mike Nusbaum, Jeff Waltz
400 m Medley Relay	4:42.17	1995	Brian Grover, Matt Raschka, Brian Mazzella, Mike Mazzella
200 yd Free Relay	1:31.42	1998	Mike Nusbaum, Scott DeJesus, Jeff Waltz, Chris Bembenek
200 m Free Relay	1:47.84	1994	Scott Wray, Bryan Snyder, Shawn Fowler, Derek Couperthwaite
400 yd Free Relay	3:22.85	1998	Scott DeJesus, Mike Nusbaum, Jeff Waltz, Chris Bembenek
400 m Free Relay	4:32.67	1995	Brian Grover, Mike Mazzella, Mike Metcalfe, Jeff Freimanis
800 yd Free Relay	7:45.51	1999	Scott DeJesus, Jeff Waltz, Mike Nusbaum, Brendan Roddy

Women's Recordbook

(updated through '98-99 season)

Event	Time	Year	Name
50 yd Free	24.89	1999	Alison Calcaterra
50 m Free	27.97	1999	Alison Calcaterra
100 yd Free	53.90	1999	Alison Calcaterra
100 m Free	59.94	1998	Alison Calcaterra
200 yd Free	1:56.55	1999	Rebecca Mitchell
200 m Free	2:17.32	1994	Noreen Zuiderhof
500 yd Free	5:19.68	1999	Rebecca Mitchell
400 m Free	5:04.76	1990	Lisa Kidd
1000 yd Free	12:02.65	1999	Jessica Hobson
800 m Free	10:33.80	1992	Lisa Kidd
1650 yd Free	19:59.67	1997	Ali Dispenzieri
100 yd Back	1:02.57	1999	Julie Wood
100 m Back	1:13.24	1992	Eileen Messenger
200 yd Back	2:16.33	1999	Julie Wood
200 m Back	2:40.77	1994	Eileen Messenger
100 yd Breast	1:11.59	1998	Teresa Piekarski
100 m Breast	1:21.24	1995	Jen Herzig
200 yd Breast	2:37.44	1997	Jen Herzig
200 m Breast	3:08.66	1994	Amy Van Driessche
100 yd Fly	1:02.67	1999	Rebecca Mitchell
100 m Fly	1:12.70	1994	Noreen Zuiderhof
200 yd Fly	2:21.29	1994	Noreen Zuiderhof
200 m Fly	2:41.58	1994	Noreen Zuiderhof
200 yd IM	2:19.37	1997	Teresa Piekarski
200 m IM	2:34.97	1997	Teresa Piekarski
400 yd IM	5:12.80	1998	Teresa Piekarski
400 m IM			
200 yd Medley Relay	1:55.18	1999	Julie Wood, Rebecca Mitchell, Teresa Piekarski, Alison Calcaterra
200 m Medley Relay	2:15.78	1996	Susan Lafond, Jen Herzig, Nikki Cunningham, Ali Dispenzieri
400 yd Medley Relay	4:11.70	1999	Julie Wood, Teresa Piekarski, Rebecca Mitchell, Alison Calcaterra
400 m Medley Relay	5:03.75	1995	Susan Lafond, Jen Herzig, Nikki Cunningham, Becky Dement
200 yd Free Relay	1:41.72	1999	Julie Wood, Teresa Piekarski, Rebecca Mitchell, Alison Calcaterra
200 m Free Relay	2:01.02	1995	Noreen Zuiderhof, Nikki Cunningham, Kim Pusey, Kelly Flynn
400 yd Free Relay	3:42.46	1999	Julie Wood, Teresa Piekarski, Rebecca Mitchell, Alison Calcaterra
400 m Free Relay	4:31.77	1994	Eileen Messenger, Kelly Flynn, Shannon Jones, Noreen Zuiderhof
800 yd Free Relay	8:26.55	1998	Teresa Piekarski, Ali Dispenzieri, Alison Calcaterra, Rebecca Mitchell



Department of Intercollegiate Athletics
1101 Camden Avenue
Salisbury, MD 21801-6860